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WELLINGTON MASTERS ATHLETICS INC NEWSLETTER | VOLUME 20 – ISSUE 2

Wellington Masters Athletics Classic Relay *Trentham Memorial Park, 23 May 2021*



Jon Roskvist, Classic Relay | Photo: Sharon Wray

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Kathrine Switzer, Classic Relay | Photo: Sharon Wray

President's report

Michael Wray



Roger Robinson, Classic Relay | Photo: Sharon Wray



Graeme Moss, Classic Relay | Photo: Sharon Wray

Cross country season is over and we're well into the road season. We had good turnouts for the Masters Classic Relay and our Johnsonville Road Race. The latter was our first experience of the new Olympic clubrooms, which proved a great base for registration and prizegiving.

We were due to run the Hutt 10km road race on 12 September. Since 2002, it's been a November, sometimes October, event and has generally failed to attract as many entrants as we'd like. What we wanted to do was see if we could reinvigorate the event by moving it back to road season. September has often been an empty month and we hoped to take advantage.

But we weren't the only ones to spot the opportunity to stage a September event. The NZ Half Marathon Champs, being in Cambridge, aren't likely to have much of an impact on our turnout but the Hutt Marathon (previously the Pelorus event) decided to move from November to September. The date they have selected is 12 September. Even if we felt we could clash with their event, their course overlaps with ours and the size of their event gives them priority. Hence, our event cannot take place on 12 September but on the bright side, there still remains the opportunity for you to race a 10km in Lower Hutt that morning.

For our event, it means we will almost certainly skip this year, which would be a shame when Covid created an event-scheduling crunch in Q3 and Q4 of 2020 so that we skipped last year. When the Track & Field Calendar is finalised, we can see whether there is a suitable gap for us to reschedule but at this time the prevailing thought is we won't get to

run this year unless we go into December or January as we can't hold it in October or November. October has Road Relays, the rescheduled Wellington Marathon incorporating the Wellington Half Champs, the Bernie Portenski Memorial, a holiday weekend, the first Regional League Meet and the Auckland Marathon; November has the Wairarapa Marathon incorporating the Wellington Marathon Champs, the Agency Group 10000m incorporating the Wellington and NZMA/ANZ 10000m Champs, the second and the third Regional League Meets and the North Island Masters Champs.

Our AGM will be held on 7 October at 7pm. We will be holding it at the Olympic Clubrooms. I encourage you to come along and ensure we reach a quorum.

We haven't had any new person join on the Committee since 2018 and I would be keen to bring in some more diversity.

I will be standing for re-election as President for my ninth year. I have records back to 1991 for our office holders and I note no-one has ever served more than five years in that time, with the average tenure being three years.

The general guideline for sports administrators is that Presidents should ideally step down after four to six years to allow new ideas to come into an organisation and prevent it from "going stale." Hence, I would welcome anyone who has any interest in stepping up to come join and keep our lines of succession healthy.

Michael Wray | President

Race results

Classic Relay, Trentham Memorial Park, Upper Hutt

Sunday 23 May 2021

It was pleasing to see 23 teams turn out, despite a chilly wind and a couple of light showers. An enjoyable day was had by all.

Fastest male runner was Anthony Jackson from Hutt Valley in 14:34, fastest female was Heather Walker in 17:02 from Scottish. Fastest walkers were Jon Roskvist (26:28) and Belinda Walker (29:13) from Trentham.

We are grateful to Trentham Harriers for being fantastic hosts, setting up the course and the free barbecue. Thanks also to Sharon Wray for her sumptuous baking and our timing stalwarts, John Turner and Dave Gratton

Open Women:

<i>Scottish (1 of 2)</i>	
Emma Basset	0:18:12
Lindsay Young	0:20:44
Heather Walker	0:17:02
Anne Hare	0:19:57
	1:15:55
<i>Olympic (2 of 2)</i>	
Tineke Hooft	0:24:13
Denise Pilcher	0:24:22
Barbara Morrison	0:29:53
Annie van Herck	0:24:33
	1:43:01

Open Men:

<i>Scottish (1 of 2)</i>	
Brendon Thompson	0:15:19
Michael Wray	0:16:22
Matyas James	0:18:55
Chris Howard	0:17:03
	1:07:39
<i>Trentham (2 of 2)</i>	
Brian Garmonsway	0:14:38
Scott Waldron	0:18:21
Kevin Thompson	0:16:55
Darryl Robinson	0:18:02
	1:07:56

Mixed

<i>Hutt Valley (1 of 1)</i>	
Andrew Crosland	0:15:43
Vanessa Trompetter	0:23:16
Keryn Morgan	0:27:04
Brendan Quirke	0:18:56
	1:24:59

200+

<i>Hutt Valley (1 of 2)</i>	
Anthony Jackson	0:14:34
Karl Van Polanen	0:18:40
Richard Doyle	0:19:51
John Robertson	0:19:33
	1:12:38
<i>Victoria Uni (2 of 2)</i>	
Mike Sceats	0:20:14
Chandra Gowda	0:20:05
Gary Moller	0:20:53
Phil Wallace	0:18:26
	1:19:38

240+

<i>Olympic (1 of 7)</i>	
Craig Walker	0:17:27
Graeme Moss	0:18:29
Max O'Kane	0:21:21
Chris Speakman	0:17:39
	1:14:56
<i>Trentham (2 of 7)</i>	
David Hood	0:18:44
Brett Wilby	0:23:40
Terry Bedlington	0:23:46
Stephen Mair	0:16:59
	1:23:09
<i>Hutt Valley (3 of 7)</i>	
Darren Gordon	0:16:11
John Wood	0:25:06
Albert van Veen	0:27:01
Bill Trompetter	0:18:14
	1:26:32

Scottish (4 of 7)

Glen Wallis	0:19:09
Marshall Clark	0:20:46
Michael Cummins	0:21:12
Bev Hodge	0:25:35
	1:26:42

Scottish (5 of 7)

Tanya Lavington	0:19:57
Christine Jones	0:24:56
Fiona Macmaster	0:28:01
Terri Grimmett	0:25:11
	1:38:05

Scottish (6 of 7)

Paul Rodway	0:21:58
Loretta Desourdy	0:27:56
Pam Graham	0:22:40
Andrena Patterson	0:27:00
	1:39:34

Victoria Uni (7 of 7)

Kathrine Switzer	0:32:27
Keith Brockway	0:22:56
Roger Robinson	0:25:42
Richard Owen	0:24:12
	1:45:16

Composite

<i>(1 of 1)</i>	
Colin Sasse	0:20:28
John Vickerman	0:34:02
Jean Skilton	0:25:30
Colin Sasse	0:20:55
	1:40:55

Open Walkers

<i>Scottish (1 of 3)</i>	
Terri Grimmett	0:29:24
Peter Baillie	0:28:41
Ian Sutton	0:26:44
	1:24:49
<i>Trentham (2 of 3)</i>	
Jackie Wilson	0:29:16
Warren Jowett	0:29:42
Jon Roskvist	0:26:28
	1:25:26
<i>Olympic (3 of 3)</i>	
Rob McCrudden	0:32:04
Julie Edwards	0:29:31
David Sim	0:29:20
	1:30:55

Walkers 150+

<i>Trentham (1 of 5)</i>	
Geoff Iremonger	0:32:20
Belinda Walker	0:29:13
Joe Antcliff	0:30:57
	1:32:30
<i>Olympic (2 of 5)</i>	
Andrea Adams	0:35:24
Barbara Prosser	0:28:10
Ele Brown	0:33:07
	1:36:41
<i>Hutt Valley (3 of 5)</i>	
Peter Sparks	0:32:35
Dave Moore	0:36:58
Mathew Rogers	0:31:16
	1:40:49
<i>Scottish (4 of 5)</i>	
Bob Gardner	0:32:11
Daphne Jones	0:35:02
Ray Marten	0:35:23
	1:42:36
<i>Scottish (5 of 5)</i>	
Helen Willis	0:35:22
Simon Reynolds	0:33:48
John Hines	0:37:02
	1:46:12

Race results, Johnsonville

Wellington Masters 8 km Road Race and 6.4 km Race Walk

RUN – 8KM						
NAME	CLUB	AGE GRADE	TIME	AGE GRADE %	FINISH	GRADE PLACE
Paul Hewitson	WHAC	M55	31:32	78.89%	1	1
Darren Gordon	HVH	M45	31:34	73.40%	2	1
Michael Wray	Scottish	M50	32:47	73.63%	3	1
Chris Howard	Scottish	M45	34:10	66.50%	4	2
Willie Gunn	WHAC	M50	34:47	67.47%	5	2
Taro Morimoto	WHAC	M50	34:49	68.35%	6	3
Nicolas Bagnall	Scottish	M50	35:37	66.81%	7	4
Darcy Mellso	Olympic	M45	36:11	64.00%	8	3
Chris Speakman	Olympic	M55	36:58	67.83%	9	2
Emma Bassett	Scottish	W35	38:04	63.65%	10	1
Tony Simmers	Olympic	M55	41:48	58.61%	11	3
Peter Frawley	WHAC	M55	41:52	58.97%	12	4
Richard Doyle	HVH	M55	41:56	58.42%	13	5
Glen Wallis	Scottish	M55	42:32	58.04%	14	6
Des Young	WHAC	M60	43:01	60.75%	15	1
Tineke Hooft	Olympic	W60	45:36	63.47%	16	1
Kath Littler	Scottish	W40	45:39	54.46%	17	1
Annie van Herck	Olympic	W65	46:15	68.51%	18	1
Marketa Langova	Scottish	W40	46:37	53.70%	19	2
Christine Jones	Scottish	W65	47:09	66.39%	20	2
John Wood	HVH	M80	49:50	62.26%	21	1
Denise Pilcher	Olympic	W60	50:10	57.69%	22	2
Bev Hodge	Scottish	W60	50:19	59.39%	23	3
Loretta Desourdy	Scottish	W65	51:48	59.71%	24	3
Kathrine Switzer	Vic Uni	W70	52:14	65.70%	25	1
Roger Robinson	Vic Uni	M80	54:50	56.58%	26	2
Albert van Veen	HVH	M70	56:54	50.46%	27	1
Margaret Huggins	No Club	W40	60:53	40.30%	28	3
Katy McTeigue	Olympic	W40	64:37	38.22%	29	4
Peter Hanson	Olympic	M80	64:37	51.74%	30	3

Note: age percentages are based on the new World Masters individual age percentages that come into force from 2022. A linear conversion of times from 6.4km (walkers) and 8km (runners) has been made to a World Masters standard distance of 10km, which means the percentages will be slightly favourable than if World Masters made available factors for 6.4km and 10km.

Race results, Johnsonville continued

Wellington Masters 8 km Road Race and 6.4 km Race Walk

WALK – 6.4 KM						
NAME	CLUB	AGE GRADE	TIME	AGE GRADE %	FINISH	GRADE PLACE
Robin Stephens	Levin	M70	43:06	72.82%	1	1
Jackie Wilson	Trentham	W75	43:25	88.16%	2	1
Ele Brown	Olympic	W55	44:58	69.14%	3	1
Warren Jowett	Trentham	M60	45:32	63.30%	4	1
Barbara Morrison	Olympic	W70	45:42	80.47%	5	1
Terri Grimmett	Scottish	W60	46:02	71.79%	6	1
Rob McCrudden	Olympic	M55	46:31	59.42%	7	1
Julie Edwards	Olympic	W60	47:04	68.03%	8	2
Martin Hodge	No Club	M60	48:55	59.88%	9	2
Geoff Iremonger	Trentham	M70	50:29	64.88%	10	2
Maryanne Palmer	Scottish	W65	50:53	68.75%	11	1
Helen Willis	Scottish	W55	53:09	59.65%	12	2
Daphne Jones	Scottish	W80	55:40	73.97%	13	1
Andrea Adams	Olympic	W55	56:48	54.21%	14	3
John Hines	Scottish	M85	59:35	63.08%	15	1

Sunday 25th July 2021

The weather conditions for this year's event were perfect – no wind, sunny with cool temperatures. This year 32 runners (2 runners didn't finish) and 15 walkers took part – the biggest turnout for some years, only exceeded this century in 2017 when we had 48 entrants.

Walkers

Fastest male walker over the hilly four-lap course was Robin Stephen (Levin) and Jackie Wilson (Trentham) was the fastest women.

Runners

Fastest male runner over the five-lap course was Paul Hewitson (WHAC) and Emma Bassett (Scottish) was the fastest woman.

The Jim Lockhart and Mariette Hewitson Baton for the time closest to an age group record was won by John Wood.

The club team for the runners was won by Scottish and Olympic won the club team for the walkers.

Appreciation

extended to our supporters

A special thanks to the marshals and timekeepers and to Sharon Wray who produced her usual array of goodies for the morning tea – as always, your support is very much appreciated.

The Athlete's Kitchen

The athlete's body

Exercising to attain a perfect body: a futile effort?

© Nancy Clark MS RD CSSD | August 2021

Body size, looks, and weight are concerns for many runners. Unlike some athletes who have to be light for a specific weight class (rowing, wrestling, mixed martial arts) runners want to be lighter because the culture surrounding their sport demands a svelte physique. The sport comes with a pervasive diet culture and all too often, runners end up discontent with their weight, body fatness, and physiques. The standard solution: run harder to shed kilograms and attain the perfect body.

The problem is exercise is better known for helping to maintain fat loss than for contributing to fat loss itself. Reducing body fatness depends more on reducing food intake than on increasing exercise. As you likely know, the more you run, the hungrier you get, the more you eat. If you are an already-lean runner who under-eats, your body will protect itself from wasting away by conserving energy the rest of the day. That is, after a hard workout, you might (subconsciously) choose to do deskwork instead of run errands.

So now I pose this question to you: If running had no impact on your body weight or appearance, would you change how much you currently run?

Performance vs. Image

Dedicated athletes will likely answer “no change.” They follow a training program geared toward achieving a specific performance goal. Collegiate runners at the D-I level have little choice in how much exercise they do. They have to do what the coach demands. Runners who want to be lighter would likely cut out cardio done specifically to burn off calories and instead eat a little less. Fitness runners might do only workouts they truly enjoy. Compulsive exercisers with a high drive for thinness — which can include any of the categories mentioned above — may want to take more rest days, stop getting up at 4:30 every morning to do a killer workout, or do fewer double workouts.

But anxiety about “getting fat” would undoubtedly force them to relentlessly train hard, day after day, to burn off calories and “look good”.

Is lighter better?

Most runners believe they will perform better if they drop a few kilograms. While this may be true for someone who has excess flab to lose, the lose-weight-at-any-cost struggle is more likely to hurt performance than enhance it.

Just how well do you actually run when you are hungry and depleted?

A study with elite female swimmers indicates those who restricted calories during a 12-week training session ended up 10% slower in 12 weeks, while their well-fueled teammates improved by 8%. The food restriction did not even result in fat loss, despite eating about 700 calories less per day than their teammates. They averaged 22% body fat; the non-dieting swimmers averaged 19%. How can that be? Fat loss is not mathematical. The knock off 500 calories a day to lose one kilogram of fat per week belief has long been proven untrue. The body is complicated.

Genetics rule

Bodies are supposed to vary; they naturally come in different sizes and shapes.

The problem with restricting food

Unfortunately, restricting food to be “thinner at any cost” to hit a target weight or a desired look will sooner or later come with the high price of poorer performance, injuries and/or poor mental health. Restricting calories to sustain a weight that is too low means restricting the vitamins, minerals, proteins, carbs, and fats that you need to refuel, replenish and restore your body. When you go on a diet, your bones also go on a diet and they lose density. After repeated weeks and months of malnutrition, the body will inevitably break down, with stress fractures and over-use injuries taking a toll.



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Tips for compulsive exercisers

Compulsive exercisers push themselves day after day to burn off calories. No rest days allowed. Some compulsive exercisers assert they love their (relentless) exercise program. Yes, they may love the endorphins that contribute to the post-run “high.” They love when people compliment their leanness. They love the sense of accomplishment that comes from running for XXX days in a row and love the sense of control that comes from completing the killer workout. But do they love feeling driven to burn off calories? Do they love feeling hungry, tired, and easily irritated most of the time? Do they miss having time for friends and family?

If you are asking your body to run, you want to make sure it is adequately fueled. You should not feel dizzy, lightheaded, confused, or excessively fatigued at the start, middle, or end of a workout. That body should NOT be exercising; it is in a bad place.

Staying on track

Enjoyment should be the foundation of any exercise routine, otherwise you’ll have trouble staying on track.

When running is a should — not a want to, it becomes akin to punishment, particularly for those who believe they have to run to manage their weight. You could just as easily lose weight by eating less, as opposed to running more.

Note: You don’t have to exercise to lose weight. Patients in a hospital tend to lose weight, and they are not exercising at all.

If you find yourself running compulsively, please start paying attention to the thoughts and emotions that drive your movement. Look not at what you did, but why you did it. If you depend on extreme workouts to manipulate your emotions, reduce anxiety, run away from loneliness – a sports psychologist could be helpful.

Concluding thoughts

Weight is more than a matter of will power. Runners come in assorted sizes and shapes; no one size or shape is best. It is better to focus on athleticism and performance, rather than body looks and weight.

At the elite level, runners get stuck between a rock and a hard place. White-knuckling a restrictive diet comes with a high mental and physical cost. While the lighter runner might be able to set personal records for a season or two (because they had been training in a heavier body), unhappiness and injuries inevitably will take a toll if the runner tries to maintain “racing weight” all year long. A registered dietitian (RD) who specialises in sports nutrition (CSSD) can help runners figure out appropriate weight goals and fueling strategies, so they can reach their performance goals. The lightest runner may not be the best (nor happiest) runner, after all.

Contact Nancy

Sports nutritionist Nancy Clark, MS, RD counsels both casual and competitive athletes in the Boston-area (Newton, 617-795-1875). Her best-selling Nancy Clark’s Sports Nutrition Guidebook (6th edition, 2019) can help you eat to win. For more information, visit NancyClarkRD.com.

Reference

Vanheest, J. et al. Ovarian Suppression Impairs Sports Performance in Junior Elite Female Swimmers. 46(1):156-166, 2014, Med Sci Sports Exerc.

Ed: This article has been reproduced with the kind permission of Nancy Clark. For more information on this article and others relating to sports nutrition etc. visit the website listed above.

Buller Gorge

13 February 2021



For the past 29 years Maryanne and I have made the annual pilgrimage to Westport to take part in the Buller Gorge Marathon weekend. Over the years we have competed in the full marathon, half marathon and in the latter years as part of a team doing the marathon relay. This year a new race director had taken over the organising of the event weekend and had introduced the Buller Heritage 10km. So Maryanne and I decided to enter the 10km this year.

The Heritage 10km was run on the new Kawatiri Coastal Trail which consists of a 2.2 metre wide flat gravel path, timber boardwalks and timber bridges - one being a swing bridge which was interesting to cross as there was plenty of movement with the number of runners and walkers on the bridge. I, along with a large number of competitors, had to walk across the swing bridge as it was too difficult to try and run with the sideways movement of the bridge. We were told at the start that there would be marshals at the swing bridge who would only allow 10 people on at a time for safety reasons but this didn't happen as the marshals just stood there and didn't control numbers.

The turn-around was at a Maori Whare out by the estuary where the drink station was set up. You then retraced your steps back to the Buller Bridge picnic area and then along Palmerston Street in Westport and down the finishing chute to finish. At present the path only goes to Carters Beach where they are currently working on it and eventually, once completed, it will go right through to Charleston.

The start of the 10km is about 1.5km from the finish area and is within easy walking distance though some people did drive down to the start. The start time was 11am which was starting to get warm at that stage and we did speak with one of the organisers and suggested that an earlier start time would be preferable. There was also talk about taking people out in buses and having them run and walk the 10km back to Westport as they do with the marathon and half marathons. We did inform them that the out and back as trialed this year was really great and that would be our preferred option as it was awesome to be coming back and seeing the other competitors going out and being able to offer encouragement. Other people also said they preferred the out and back option when talking to the organisers.

The Buller Gorge marathon and half marathon are great events and it is certainly unique where you are bused out to the start of both events and then you have to run back to Westport. The only trouble with waiting for the start is that you get attacked by the notorious wee beastie (sandflies) who prey on the unsuspecting runners and walkers. It is quite scenic running through the Buller Gorge and a good majority of the run is beside the Buller River though you don't always have time to view the scenery.

I managed to run 1:09 for the 10km and Maryanne walked the 10km in 1:19. As having competed in this event over many years I can say that it is well organised and a great weekend away - the only drawback being is that Westport can be difficult and expensive to get to.

I highly recommend the trip and the races though. Next year's event is the 40th Anniversary and is set to take place on Saturday 12th February 2022.

John Palmer | Editor

Injury prevention

Repetitive vs traumatic running injuries

Key differences between these two type of injuries runners face

Runners of any experience level can encounter injuries. Regardless of skill or experience, a runner's body is put under stresses and strains that require active attention and care. A little physical discomfort while running can be harmless and worked through, but any pain that goes beyond the normal ache of training needs to be addressed. These pains can be attributed to either repetitive or traumatic running injuries.

With good awareness of what you're at risk of when running, you'll be able to properly look after your body and take care of any areas that require attention.

- **Repetitive running injuries** are caused by repetition of a singular movement – they're a gradual build up of strain. Because of the distance runners cover and the nature of its repetitive patterns, it's easy to see how runners can quite literally run into repetitive strain.
- **Traumatic running injuries** are caused by a direct blow or impact, and will usually cause instant pain.

Caring for a repetitive running injury

Repetitive injury is not uncommon in runners because of the nature of their activity. Long distance runners are more commonly affected, because of the strain their bodies are put through for an extended amount of time.

Achilles tendonitis and calf strains

A frequently occurring repetitive issue runners face is Achilles tendonitis. Identifying the root cause of this pain is paramount to finding an effective treatment. Justin explains how runners face it.

"Achilles tendonitis and calf strains are caused by over striding and weak soleus; the muscle that runs from just below the knee to the heel. Poor shoe selection can also be a factor, along with a lack of good hip and core stabilisation."

Patellofemoral pain, or 'runner's knee'

Commonly known as 'runner's knee', patellofemoral pain is a relentless pain that runners' frequently suffer from. It's caused from weak hips and core stabilisers.

Other contributing factors include: over striding in gait; poor hamstring control; and inward rotation of the foot. Provided there isn't any osteoarthritis, patellofemoral pain can improve with good rehab.

What's the outlook for repetitive injuries?

Repetitive injuries always require medical advice to ensure their recovery is fast and effective and getting back into running is done safely. You also don't want to risk the injury popping up again, so a professional will be able to advise on techniques for prevention. Justin recommends these changes to your running, in aid of the recovery process:

- **Maintain a short stride** when starting to run again.
- **Work on diaphragm breathing** and establishing a core activation program.
- Instead of 'pushing off', focus on **lifting off**.

Treating a traumatic running injury

Any movement or activity that uses the affected area may impact the recovery of a traumatic injury, so it's crucial to get on to its recovery extremely quickly – and its pain should never be ignored.

Common traumatic running injuries:

- **Strained hamstrings, calves or quads.** Most injuries in runners occur in their lower body, strains in the leg are common. Sprinters are more likely to face these particular injuries than long-distance runners. Lightening or having a break from your running is recommended to overcome these injuries.
- **Ankle injuries.** An ankle sprain can occur after a sudden impact. Most runners who suffer from ankle injuries are aware it can make them prone to further injuries – so it's important to maintain your rehab until properly healed.

What's the outlook for traumatic injuries?

Seek a medical assessment and advice as soon as pain begins. The services you seek should be determined by the nature of your injury, and can include physiotherapy or podiatry.

Along with medical treatment, you can also assist your recovery with: icing the affected area, taking time off running, and returning only slowly, anti-inflammatory medication.



Notice of Annual General Meeting

THE WELLINGTON MASTERS ATHLETICS INCORPORATED AGM WILL BE HELD

DATE THURSDAY 7 OCTOBER 2021
 TIME 7.00 PM
 VENUE OLYMPICS HARRIERS CLUBROOMS
 129 BANNISTER AVENUE, JOHNSONVILLE

Upcoming events

2021 UPCOMING EVENTS

September		
12	Hutt Marathon, ½ Marathon, 10km & 5km	Petone
October		
10	New Date – 35 th Gazley Volkswagen Full Marathon, ½ Marathon & 10km	Sky Stadium
31	Martinborough Charity Fun Ride, 115km, 67km & 48km	Martinborough
November		
7	Nelson Festival of Running – ½ Marathon, 10km, 5km & 2.5km	Saxton Field, Stoke
7	New Date – Masterton Full Marathon, ½ Marathon, 10km & 5km	Masterton
20	Queenstown Full Marathon, ½ Marathon & 10km	Queenstown
27	BDO Lake Taupo Cycle Challenge	Taupo
27-28	North Island Masters Track & Field Championships	Mt Smart, Auckland

2022 UPCOMING EVENTS

February		
12	40 th Buller Gorge Marathon, Marathon Relay, ½ Marathon & 10km	Westport
March		
11-13	New Zealand Masters Track and Field Championships	Newtown Park

Please note:

Race information available and correct as time of print. Whilst every attempt is made to provide correct information, intended dates and venues can change. It is advisable to check the information from official entry forms, websites or event organisers.

We'll keep you informed when more race details come to hand. Remember to check the website for the most up to date information.



Registration Form

2021/2022 NZMA / Local Masters Centre Registration Form			
Name:			
Address:			
	Post Code:		
E-mail:	Telephone:		
Masters Centre:	Date of Birth:		
Are you an Athletics NZ club registered athlete? No / Yes (CIRCLE ONE ONLY) (Please complete section below)			
Athletics NZ Club:	ANZ Reg. No.		
Fees for 2021/2022 year (Please select the option that better suits your needs):			
OPTION 1:	ANZ Competitive Members (ANZ club members must be financial for the 2021/2022 season). N.B. All fees are paid to ANZ online or via your club registration process		
\$0.00	NZMA Fee (ANZ club athlete DO NOT pay a fee to NZMA as per the MoU)		
\$0.00	Local Master's Centre Fee		
\$25.00 (CIRCLE)	Vetline Subscription (3 issues starting from January 2022) Please pay this fee to your local Masters' Centre		
Note: ANZ Social Members are required to be a Competitive member of either ANZ or NZMA if they intend to compete at local, NI, SI, NZMA, OMA or WMA Championship events			
OPTION 2:	NZMA Members (non-club members) N.B. All fees are paid to your Local Masters Centre as per previous years		
\$60.00 (CIRCLE)	NZMA Competitive Member (including Vetline subscription). Eligible to compete at local, NI, SI, NZMA, OMA or WMA Championship events.		
\$45.00 (CIRCLE)	NZMA Social Member (including Vetline subscription). Eligible to compete at local Masters' events only.		
\$0.00 (CIRCLE)	Local Masters Centre Fee (optional)		
Total Fee to pay \$			
Registration options:	Post, e-mail or hand completed registration forms to Veronica Gould.		
Online banking payments only	Wellington Masters Athletics Inc., ANZ, The Terrace: 06 0565 0064415 00. (Please insert your name in the reference box)		
Postal Address:	Wellington Masters Athletics Inc. PO Box 5887, Wellington 6140	Telephone:	04 973 6741
		E-mail:	gvgould@xtra.co.nz
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Brian Hayes, Dorne Cup | Photo: Rowan Greig



Paul Rodway, Dorne Cup | Photo: Rowan Greig



David Hood, Classic Relay | Photo: Sharon Wray

Wellington Masters Athletics Incorporated

2020-2021 COMMITTEE MEMBERS

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President	Michael Wray	027 648 8502
Vice president	Liz Bentley	021 030 2384
Secretary	Albert van Veen	04 563 8450
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Committee	Sean Lake	04 389 5912
	John Palmer	04 479 2130
	Sharon Wray	04 234 7972
Subscriptions	Veronica Gould	04 973 6741
Editor	John Palmer	04 479 2130
Newsletter design	Liz Bentley	021 03 02384
Masters records	Peter Hanson	04 237 0958

LIFE MEMBERS

Jim Blair 2004 Bruce Perry 2008 John Palmer 2010

Committee Meetings are held on the first Thursday of each month at 89 Amesbury Drive, Churton Park, commencing 7.00 pm. Club representatives and members are always welcome.

CLUB CO-ORDINATORS

Athletics and Cycling Masterton	Malcolm MacDonald	04 233 2241
Aurora Harriers	Hadley Bond	04 233 2241
Hutt Valley Harriers	Albert van Veen	04 563 8450
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Levin Harriers	Brian Watson	06 368 7380
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Scottish	John Hines	04 384 3231
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Wainui Harriers	The Secretary	04 564 2141
Wellington Harriers	Paul Hewitson	04 476 8686
Wellington Marathon	The Secretary	PO Box 14-489, Kilbirnie, Wellington 6241
Wellington Masters	Jim Blair	04 528 2992
Wellington Tri Club	The Secretary	PO Box 2201, Wellington 6140

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